FIGHT FOR LIFE WITH A PIPE

A Cool Pacing Down of Deadly Foes in South Africa

The second to the states are produced by the state of the

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In the year 1868 I was at Molapoloio, the chief town of Sechlie, king of the mortal dread, and scarcely one could be



the chief town of Sechile, king of the Bakwana tribe of the Bechuana family. The situation of this town is so romaintie, situated amidst tall, perpendicular hills of red sandstone, that I had been loitering here for some little time, exploring the country, enjoying the society of Mr. Price, the missionary, or d'inking Kappe beer with the king. Mr. H. Shelton, who kept a large store here, also offered me hospitality, so that I had a prolonged period of enfoyment. But inactivity is liable to become irksome, and the arrival of a tanger bound for Mangwato with a cargo of Cape brandy induced me to decide to travel with him.

Meanware to Was at Molapologic, session of the latter produced to travel with him.

broken down my courage, and that I should have put an end to the awful suspense by firing wildly upon the enemy, an action that would have caused me to be instantly riddled by a hundred according hundred assegals.

me, "if, when the work is done and the money made, this is taken away from you by the officials, and you are worn out for having done the work and as poor as before, if, mind you, you nre fortounate enough not to be exiled to a distant province by the angry magistrate who has enriched himself at your expense? Now," added the Corean, it looking earnestly into my face, "would you work under those circumstances?"

"I am hanged if I would," were the words which, to the best of my ability, I struggled hard to translate into the Corean language, to show my approval of his philosophic way of thinking.

There is no doubt that what the Corean said to me was perfectly true, and that the system of "squeezing" is carried on on a very large scale by the magistrates, just the same as in China, and it naturally has a very depressing effect on the people "squeezed."

It is really painful, when you first land in Corea, to notice the careworn, sad expression on everybody's face; there they lie about idle and pensive, doubtful as to what will happen to them tomorrow, all anxious for generations that a reform might take place in the mode of government, yet all for centuries too lazy to attempt to better their position. Such is human nature! It is hard indeed to suffer, but it is nothing as compared with the trouble and worry of improving one's own standing; and no one better than the Coreans knows this.—A. H. Savage Lander.

[From the Nineteenth Century.] Motherhood has always seemed to me the crown of a woman's life. Who

stration. This kind of thing went on at intervals during the whole of the day, and I never felt more thankful when the sun sank and darkness sent the yelling Kafflirs to their huts. The anxiety I underwent and the strain I had to put upon myself to maintain an air of absolute placidity when the spears were leveled thickly around me was the most exhaustive process I have ever gone through. I believe another hour of such mental tension would have broken down my courage, and that I Use Hard Water and Your Bones

By Dr. J. Morrow, of the Medical Division of the Pension Bureau.

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before the water permanently retains a pink color the more organic matter it contains.

These are the principal chemical reactions of ordinary river water such as is usually supplied to cities and towns. They show the presence of chlorine, sulphur, lime and organic matter, and can be easily applied by anyone.

Iron is another impurity found in river water, but more frequently in the water of springs and wells. If present in moderate quantity, it can readily be detected by its ferruginous taste, and also by a solution of tannin or tannic acid which strikes a black discoloration. Such water is unfit for making tea, the tannin of the tea combining with the iron to form common black ink. Water containing carbonate or sulphate of lime, carbonate of magnesia or iron, is called hard, and will not dissolve soap. On this property is founded the process of determining the hardness or the softness of water by means of the soap test. Spring and well water differ only from river water by their containing more solid mater, generally carbonate of lime. The water of most wells, and especially those near dwellings and in towns and cities, contains a considerable amount of organic matter derived from the surface soll immediately surrounding the well, and in many cases is utterly unfit for domestic use, being often loaded with germs capable of producing typhoid fever and other zymotic diseases.

Distilled water is that which has been freed from all impurities by distillation, that is, by evaporating critinary water and collecting and condensing the steam, being careful, however, to reject the first and last steam that passes off, as this would be liable to carry over any gaseous or other impurities which it might contain.

would be liable to carry over any gaseous or other impurities which it might contain.

HARD WATER THE CAUSE OF MANY BAD DISEASES.

The presence of a very minute portion of chloride of sodium (common sait) and carbonate of lime (chalk, limestone), in potable water, is not always injurious to health, but the constant use of water highly charged with the latter sait, is decidedly so. It has generally been supposed that if lime were not freely taken into our system daily by the use of calcarcous water, our bones would not receive the proper amount of mineral matter for their normal development. This is to some extent true, but the carbonate is not the only sait of lime required for this purpose; it is the phosphate which we get from the cereais (wheat, oats, barley, etc.) and other solid food, and which is required, not only to give solidity and rigidity to the bone structures of the body, but also to build up the brain and the nerves. This sait contains nearly 40 per cent of lime, or rather, of the metal calcium, which is abundantly sufficient for these purposes.

Water containing an excess of either the carbonate or sulphate of lime, is capable of producing conditions of the system incompatible with good health—conditions which no treatment can remove. Fragilitas ossium, or britteness of the bones become abnormally brittle, and break from the slightest causes. Such fractures occur most frequently in the long bones, as the femur, or thish bone, and are very slow to unite, because there is an excess of mineral and a deficiency of animal matter in the bony tissues.

Calcarcous degeneration of the arteries of the lower extremities, and of other

ciency of animal matter in the bony ussues.

Calcareous degeneration of the arteries
of the lower extremities, and of other
parts of the body, is also due to a deposit, in more or less abundance, of the
salts of lime. The smaller arteries of the
feet and legs not unfrequently become
ossified, or rather calcified, thereby interfering with the healthy circulation of
the blood in these parts, and give rise,
especially in persons of advanced age,
to the most serious consequences. Senile
gangrene is attributable, in almost all
cases, to an obstruction of the circulation from calcareous deposits in the distributing arteries of the lower extremi-

FOUNTAIN OF YOUTH.

SE PURE SOFT WATER AND LIVE
TO BE A HUNDRED.

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CAUSING apopolexy and paralysis. Nor is
this all. The partial obstruction of the
circulation in the small arteries of the
brain, due to calcification, is supposed.
In many cases, to give rise to non-inflammatory softening of the brain, by directly
diminishing the amount of blood necessary for its healthy nutrillon. Calcareout deposits may also occur in the latter
situation, they produce serious valvular
disease, not amenable to any treatment
known to medical science.

SE PURE SOFT WATER AND LIVE

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OCTURE IN THE CHALK DISTRICTS. USE PURE SOFT WATER AND LIVE

known to medical science.

GOITRE IN THE CHALK DISTRICTS.
Hypertrophy of the thyroid gland, or bronchocele, as it is called, is another affection attributable to the constant use of calcareous, or hard water. When of moderate size it rarely causes any inconvenience, except occasional headache, or slight difficulty in breathing in a stooping posture; but when very large, it may produce great difficulty in breathing and swallowing, and congestion of the brain, by pressing on the trachea, oesophagus and fugular veins. It is an endemic disease, that is, one which is constantly prevalent in certain localities. It affects females more frequently than males, and no age is exempt from it. It prevails in limestone districts. In England it is called 'Derbyshire, Nottingham and other chalky localities. In Switzerland and the eastern part of France, it is called goitre. It is tolerably prevalent in the valley of the river St. Lawrence, and in some other limestone regions of this continent. It is scarcely amenable to either medical or surgical treatment. The latter has sometimes succeeded, but has oftener proved fatal. The exterpated gland, when examined microscopically, is always found to consist chiefly of chalky concretions, which show that its development, to some extent, at least, is due to an excess of calcareous matter in the system.

ICE WATER PRODUCTIVE OF GOITRE IN THE CHALK DISTRICTS.

successive generations there is no doubt but that it establishes in the next succeeding generations a diathesis or predisposition to certain diseases which are those regarded as inherited, and which do not at once cease on the removal of the original cause. In this way certain organic diseases of the heart and kidneys may have been transmitted from generation to generation and have now come to be regarded as hereditary. The time is not far distant—perhaps a century hencewhen all such subtle disease-producing causes will be better known and appreciated by both people and physicians; when everyone will be familiar with the chemistry of most diseases, and with the organic or inorganic poisons that produce them; when physicians will be able to stay the ravages of tubercolosis or pulmonary conconsumption, blot out all fears and inflammations, destroy all morbific germs and ferments, and all the deadly influences of malaria, cholera and other septic diseases; when our sanitary and hygienic conditions and laws will have been changed and enforced by state legislation, so as to prevent all contagious diseases from being communicated, and to remove all causes of sickness that can be removed; and thus, by these and various other means, to retard as much as possible, presentility and to lengthen the average duration of human life. When these improvements shall have been accomplished—and there is certainly nothing in them that can be regarded as impossible, nothing which at all rivals the progress in science during the last half century—man will, to some degree, regain his pristine vigor, and instead of being old and feeble at "three score and ten." will be a mere youth at 100 years.

A LONDON REFORM SUNDAY. [From the London Daily News.] Acting on the suggestion of many of of the Acting on the suggestion of many of the c'ergy and ministers of religion in all denominations, the London Reform Union is taking steps for the institution of a "London Reform Sunday." It is suggested that in one Sunday in the year the clergy and ministers within the administrative county of London might specially devote themselves to quickening the sense of citizenship, the feeling of corporate responsibility, the recognition of social obligations incumbent upon every London citizen. It is, of course, not intended that the clergy and ministers should make themselves the advocates of any particular scheme of reform, still less of any particular party or organization. The overcrowded and insanitary condition of the dwellings of so many of the working population, the demoralizing irregularity of their employment, the horrors of the sweating system, the drawbacks arising from the segregation of the rich and the poor, the lack of healthful recreation, beauty, or rest, in "the cities of the poor, the ravages of drink, vice and crime, among the poorly-fed, hadly-housed, and casually employed, it is felt, are subjects which ought to enlist the sober judgment and active help of the ministers of religion, and of all devoutly-minded people. For the present year Sunday, October 28, has been fixed for the "London Reform Sunday." ergy and ministers of religion in all de-

RAILROAD SPEED.

RAILROAD SPEED.

[From Scribner's Magazine.]

In high speeds, the United States seems just now to hold the world's record. Neither England nor any other country in the world has any trains as fast, for the distance, as the Empire State Express, which runs 440 miles at 50.7 miles an hour, including four stops, or as fast for the distance as the defunct Exposition Flyer of last summer, which ran 364 miles at 45.2 miles an hour, including nine stops.

Among the very fast special runs we find the following pretty authentic records of performances in the United States, which, so far as I know, have not been equaled in England since a run made on the Great Western, in 1845, of 53 miles at 68 miles an hour, and that was not up to the best of those given here: September, 1891, on the New York Central, New York to East Buffalo, 45 miles at 55 miles an hour, including three stops; 1892, same railroad, 1891, Jersey City to Washington, 27 miles an hour, two stops; New York Central, 1893, 50.4 miles at 686 miles an hour, two stops; New York Central, 1893, 50.4 miles at 886 miles an hour, two stops; New York Central, 1893, 50.4 miles at 886 miles an hour, two

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advanced direct to Machin, and, pletely during the performance of this thrusting the porker under his nose, asked him if he liked the smell? "It was foolish and insulting!" I exclaimed. "But it was not bad enough to warrant Machin to issue orders for astonishment was ludicrous when they found that I still massessed a whole

"It was foolish and insulting!" I exclaimed. "But it was not bad enough to warrant Machin to issue orders for our extermination."

"Ah, you do not know that the Bakalikari have an even stronger aversion to pork than the most orthodox Jew,"

"That alters the case," I answered sgain."

"That alters the case," I answered sgain."

"The case of their native gardens as the hindmost of the enemy moved out of sight. Their astonishment was ludicrous when they found that I still possessed a whole skin, but I put on a stern air and angily asked them where they had been. "The alters the case," I answered again."

"Ah, boss," exclaimed Piet, the driver, "I never thought to see you allver."

Motherhood has always seemed to a me the crown of a woman's life. Who per can supose nicotine to be a useful preparation for the young life to be alunched into the world? And for the nursing mother, with a cigarette, what can we say? We should have to bury all our pictures of the Madonna fathoms of their native gardens as the hindmost of the enemy moved out of sight. Their astonishment was ludicrous when they found that I still possessed a whole skin, but I put on a stern air and agardly asked them where they had been. "Ah, boss," exclaimed Plet, the driver, "I never thought to see you aliver, "I never thought to see you alive," I'r never thought to see you alive, "Yet, here I am, safe and sound, without having had to crawl away into the bush like a coward, "I answered so sternly that Fiet looked tholoushly ashamed of himself, although he sold have many visits from bands of Bakulhari, any one of which might prove fattal. Barely an hour bad clapsed when many was discovered by an other furious horde, which came swooping down like a voilture on its prey I repeated the same tactics of cain in difference, with arms folded, and pipe emitting volumes of smoke—tacting which which which which which were so puzzling to the native which which which warms folded, and pipe emitting volumes of smoke—tacting the native which which which were so puzzling to the native which which which were so puzzling to the native er. "I never thought to see you alive again."

"That alters the case." I answered again."

"Object allow the seems that our plight is all but desperate."

"And that is Flizgerald's condition, also," continued Strombom. "The Indians did not allow the outrage to pass unpunished. They knocked him down and gave him such a severe beating that he is almost at the point of the look of worderment with which he still regarded me. Although we had so the is almost at the point of sath."

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The could not help aculating to the look of wonderment with which he still regarded me. Although we had so fair excaped, I still felt anything turns are scaped, I still felt anything the still regarded me. Although we had so fair excaped, I still felt anything the still regarded me. Although we had so fair excaped, I still felt anything the still regarded me. Although we had so fair excaped, I still felt anything the still regarded me. Although we had so fair excaped it still felt anything the still regarded me. Although we had so fair excaped, I still felt anything the still regarded me. Although we had so fair excaped it still regarded me. Although we had so fair excaped it still relating that I should have many visits from bands of Bakalihard, any one of which might prove fatal. Barely an hour bad elapsed when my wagon was discovered by another furious horde, which me my when my wagon was discovered by another furious horde, which might prove fatal. Barely an hour bad elapsed fatal, any one of which might prove fatal. Barely an hour bad elapsed fatal, any one of which might prove fatal. Barely an hour bad elapsed fatal, any one of which might prove fatal. Barely an hour bad elapsed fatal, any one of which might prove fatal. Barely an hour bad elapsed fatal, any one of which might prove fatal. Barely an hour bad elapsed fatal, any one of which might prove fatal. Barely an hour bad elapsed fatal, any one of which might prove fatal. Barely an hour bad elapsed fatal fatal

WILL SHE SMOKE?

ties Earnestness is the best source of tive mental power; and deficiency of heart oth- is the cause of many men never be-ton, coming great.—Bulwer,